



Smooth Raspberry Refreshers

By Jacy Shoener

Prep Time 5 / Cook Time / Serves 4 - 12

Fun-Da-Mentals Kitchen Skills

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

Equipment

- Blender (or pitcher + immersion blender)
- Liquid measuring cup
- Dry measuring cups
- Measuring spoons

Ingredients

Smooth Raspberry Refreshers

- 1 3/4 C Greek yogurt **** (for DAIRY ALLERGY sub dairy-free/nut-free yogurt)****
- 2 C frozen raspberries **** (for RASPBERRY ALLERGY sub any other frozen fruit, depending on allergy)****
- 1/4 cup maple or agave syrup/honey/sugar
- 3 C ice
- Yogurt Delightful Drizzle (see recipe), optional if available

Food Allergen Substitutions

Smooth Raspberry Refreshers

Dairy: Substitute dairy-free/nut-free yogurt.

Raspberries: Substitute any other frozen fruit for raspberries, depending on allergy

Instructions

Smooth Raspberry Refreshers

measure + add

Measure and add the following to a blender (or pitcher for use with an immersion blender): **1 3/4 cups Greek yogurt, 2 cups frozen raspberries, 1/4 cup maple syrup** or other sweetener, and **3 cups ice**.

blend + pour + drizzle + serve

Blend until smooth, then pour into cups. If you have any Yogurt Delightful Drizzle left over from another recipe, you can drizzle some on top of your Smooth Raspberry Refreshers before serving. Enjoy!

Featured Ingredient: Raspberry!

Hi! I'm Raspberry!

"Raspberries are a delicious and pretty summer fruit. You are probably used to seeing red raspberries, but we can also be purple or black! We're good on cereal and ice cream, and we add a tasty and appealing touch to lemonade. Of course, we're also great all by ourselves!"

History & Etymology

The raspberry is native to Europe and parts of Asia. There is also a species native to North America, although some believe it is a variation of the Eurasian species.

It is believed that the Romans took the raspberry to other parts of their empire, including Britain.

Red raspberry juice was once used to color ancient artwork.

Russia produces the most raspberries worldwide—182,000 tons per year! The United States is the 5th largest producer.

Most of the raspberries grown in the US are produced in California, Oregon, and Washington.

The word "raspberry" came from the early 17th century English dialect "rasp" (with the English word "berry"), which may have derived from the mid-15th century "raspise," a sweet rose-colored wine.

Anatomy

The raspberry plant belongs to the rose family. There are over 200 species of raspberries.

Raspberry plants are perennials, meaning they grow back every year after their initial planting.

The raspberry is related to the blackberry. One difference between the two berries is that when you pick a raspberry, the stem (or torus) stays on the plant, leaving a hollow core. However, when you pick a blackberry, the torus remains in the fruit.

Raspberries have tiny hairs called "styles," the remains of the pistil, the female part of the flower. They may help protect the berries from insects.

Raspberry varieties can be red, gold, purple, or black in color.

A raspberry is an aggregate fruit. Each berry contains around 100 tiny fruits, called drupelets, each filled with a single seed.

One raspberry plant produces a few hundred raspberries each year.

The root of a raspberry plant can survive for up to 10 years!

How to Pick, Buy, & Eat

If you grow raspberries or get them from a u-pick farm, choose berries that are full, plump, and bright in color. They should not be soft or mushy. Gently pull on the berry; if it does not come off easily, leave it on the bush, as the berry is not yet ripe.

Once raspberries have been picked, they won't ripen any further.

When selecting raspberries from a market, also make sure none of the fruit is starting to develop mold.

Do not rinse your raspberries until you are ready to eat them. Store them in the refrigerator, where you will see them, in the container they came in.

Raspberries can be made into sauces (for poultry or desserts), jams, or jellies.

You can eat fresh raspberries alone or on top of yogurt, ice cream, cereal, or salads.

You can add raspberries to pies, cakes, breads, or muffins and add them to drinks, such as smoothies or punches.

Nutrition

Raspberries are high in fiber, the highest of any fruit! They help keep our intestines clean, like a free-flowing highway, while a lack of fiber can cause a traffic jam in our intestines.

Raspberries are high in antioxidants! Antioxidants scavenge for harmful chemicals in our body, like a vacuum cleaner sucks up dirt. Cells love antioxidants!

Raspberries are rich in vitamin C! Eating one cup of raspberries will supply almost half of your daily requirement of vitamin C! That is good for your heart and skin and fighting the cold and flu!